Title of the Proposed Work

A STUDY ON SOCIO-DEMOGRAPHIC AND NUTRITIONAL STATUS OF AGED TRIBAL PEOPLE COMMUNITIES OF BANKURA DISTRICT, WEST BENGAL

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1. ABSTRACT

Elderly tribal people's daily income is very low and they have no specific income. They don't get work at regular basis. They don't get the proper payment. Various study reported that their educational and economical status was not satisfactory. Large family sizes, lack of regularity in alternative occupation are the main cause of poverty of elderly tribal people. Most of them lived in mud made house or katcha house and addicted to tobacco or alcohol. Few studies revealed the dietary iron deficiency, low iron absorption, protein and micronutrient deficiencies and infections which lead to poor nutritional status of the elderly tribal people . Study also reported that elderly tribal people are a special group with some unfavourable life styles and vulnerable for injuries, respiratory problems, filarial and certain other diseases. Based on the literature, it may be stated that there is need to specifically target and improve the occupational lifestyle of elderly tribal people and various interventions like nutrition and health promotion activities, educational issues to be addressed.

2. Introduction:

Ageing is mainly associated with social isolation, poverty, apparently reduction of family support, inadequate housing, impairment of cognitive functioning, mental illness, widowhood, loss of bereavement, limited options for living arrangement and dependency towards end of life. In India the size of the elderly population, i.e., persons above the age of 60 years of fast growing although it constituted only 7.4% of total population at the turn of the new millennium (Aronkar, 2012). Now the elderly people population of India is 100 million. Their numbers are likely to increase threefold in the next three decades. Tribals are characterized by a distinctive culture, primitive traits, and socio-economic backwardness. The tribal's of India, constituting 8.2% of the total population (84 million), belong to around 698 communities or clans. Around 75 of these groups are called primitive tribal groups due to pre-agricultural level of knowledge, extreme backwardness, and a dwindling population. As far as concerned the population of elderly tribes in India, it is nearly about seventy-two lakhs as per 2011 census (Census of India, (2011). Though we are talking about the development programmes for the welfare of the tribes, but the elderly tribe's data shows that they are in minimum number i.e., nearly 6.88 per cent only, it indirectly indicates the plight of elderly tribes in our tribal society. The reason behind the mortality rate of tribal people aged 60 to 80 years in Bankura district is much higher than other people seem to me to be due to the fact that they are in the marginal areas of Bankura district due to low quality of food and nutritional status. Due to the malnutrition of these marginalized tribal people in Bankura district, the prevalence of the diseases among them is high and which has increased their mortality rate. The present study is to find out the present condition of elderly tribal people of selected areas of Bankura District in socio-demographic profile and nutritional status (Lakshmi and Muthuraj, 2020).

3. Objectives

The aim of the proposed work is to minutely study the socio demographic profile, health and nutritional status of elderly tribal community of the selected areas of Bankura district, West Bengal.

The objectives of the proposed research work are as follows….

1. To find out the demographic, and socio-economic condition of the elderly tribal people of selected areas of Bankura District.

2. To find out the present nutritional status and dietary practices of elderly people of general and tribal communities of the selected area in Bankura District.

3. To develop the correlation between the elderly tribal and general people based on parameter studied.

4. Assessment of health status using data of biochemical assessment with special emphasis on hypertension and diabetes mellitus.

4. Review of literature study/Background study:

Kumbhakar, (2020) explores about miserable condition in demographic socio economic and health status of the scheduled tribes a comparative evaluation between Purulia and Bankura district of west Bengal. Present study makes an effort to compare the different mentioned status of tribal life between two western districts of West Bengal, and in that sense, it is also a comparative analysis between social, demographic, economic and health aspects of tribal life. The study constructs different minor objectives for the study. These can be identified as to consider the constitutional safe guards for the Scheduled Tribe people; to consider the development initiatives took place during different five-year plan programmed; to evaluate the role of Ministry of tribal affairs for the overall development of the Scheduled Tribe people in India.

Patel, S. P. (2019). An anthropological study of health system among the tribal of rural Western Odisha. The study examines the current health-care system, health-care practises, traditional beliefs and perceptions about health, ailments, and their treatment in the context of the Mirdha tribe's socioeconomic and socio-cultural dimensions in rural Western Odisha. Health is more of a social issue than a financial one. Understanding the norms and belief systems that influence their treatment seeking behaviour is important in identifying the elements that regulate their treatment seeking behaviour. It also assists us in comprehending the importance of indigenous therapeutic practises in recent times. On that ground, the study is useful to supply the scenario of health and health care practices in tribal societies in rural India and to develop policies on tribal health.

Shit, M. (2019). Spatio temporal change in socio economic conditions and its impact on land use pattern of Bankura I and Bankura II C D Blocks Bankura District West Bengal. This paper studies the effect of spatio temporal change in social, cultural and economic condition on human beings. In many regions, there is a clear relationship between population pressure and forest cover; other studies have revealed that the trend of forest cover change can be modified by socioeconomic and environmental factors. The most prominent driving forces leading to land use change on a worldwide scale have been faster population expansion, urbanization, and industrialisation. Land use morphology refers to the overall pattern of actual land cover in a given region at a given time, which includes various types of land use. It typically changes according to a region's socioeconomic growth. This research work aims to reveal the

relationship between socio-economic development and land use and land cover change and its impact within the region.

Kumar, M. (2019). An Empirical Study of Different Social Dimensions of Aged Society among Tribals in Rural Eastern Uttar Pradesh. These studies focus on the plight of the elderly in eastern Uttar Pradesh's tribal group. Districts from a variety of socioeconomic backgrounds to carry out the diversity among them, including concerns related to gender. Because the old tribe, like other persons in the social order, are constantly in contact with their communal surroundings, their difficulties are complicated by a variety of variables. Geographic, demographic, and social factors, as well as monetary, health, and wellness issues, family bonding, decision-making behaviour, community engagement, and awareness of and use of social welfare programmes for the elderly tribe, are among the issues that the elderly tribal face.

Bhandari, S., Ghosh, M., & Bose, K. (2019). Socio-Demographic Characteristics and Prevalence of Under Nutrition among Adult Sabars of Bankura District, West Bengal, India. International Journal of Advancement in Life Sciences Research. Nutritional condition is a key indicator of economic development and growth. Nutritional condition of a population has a good or negative impact on a country's economic growth. This article illustrate if there was a link between adult Sabars' socio-demographic features and their nutritional health. The current cross-sectional study was carried out in six villages in the Bankura District of West Bengal. The outcomes suggest that immediate adequate nutritional intervention programmes should be implemented to decrease nutritional stress within this ethnic group.To improve their educational standing and per-capita income, serious efforts are required

Bhattacharya,K. (2018), Tribal Bengal , Niyogi Books Pvt. Ltd. Kolkata West Bengal is now home to about 5.3 million tribal people; they form five per cent of the total tribal population of India. In the state itself, they comprise 5.80 percent of the total population. Tribal Bengal: life in the sub-Himalayan terai duars is divided into two parts—indo-mongoloids and the proto-australoids and others. Each Chapter offers glimpses of the tribal people, their customs and celebrations, the languages spoken and their lifestyle. These are some of the earliest people in the subcontinent who are struggling to combat with the changing socio-economic scenario of the country. This book is an intimate witness to their day-to-day life, amid joys and sorrows.

5. Year-wise work plan

- **1st year survey work, selection of study area and Data collection from those field by survey.**
- **2nd year Analysis of collected data and providing nutritional guideline**
- **3rd year Preparation of paper and thesis submission.**

STUDY DESIGN

Study area	No of Elderly tribal People
RANIBANDH, HIRBANDH	1000
RAIPUR, KHATRA BLOCK	

6. Methodologies of the proposed work plan

6.1. Selection of subjects' and study sites:

About 1000 aged tribal people will be selected randomly from four block as Ranibandh (47.07% of ST cast), Hirbandh (28.40% of ST cast), Raipur (27.66% of ST cast) and Khatra (22.02% of ST cast) of Bankura district, West Bengal. In addition to general aged people, a group of 250 by sex, age, residence, and social class will be included in the study as a control group for comparison. The ratio of tribal aged people and general aged people will be 4:1.

Inclusion criteria: The criteria for the selection of the participants will be as follows-

- Must ST tribal people.
- Having at least 60 years of age or above.

Exclusion criteria:

- The Participants whose is not belong to tribal people
- Bellow 60 aged tribal people.

6.2. Work plan

I. Socio-demographic and socio-economic profile

Data collection by questionnaire method:

The pre-structured questionnaire (in printed copies or Google form) would be used to collect information regarding details of socio-economic and demographic profile.

Socio demographic profile:

Socio-economic status: The Socio-economic status of the subjects will be studied by questionnaire method based on Modified B.G. Prasad Scale Socio-economic Status Scale **(Singh et al., 2017).**

II. Study of body composition and body surface area

Body Surface Area (BSA)

Chest:

Thigh:

Determination of Body Composition-

III. Nutritional status assessment

Height:

Weight:

Body mass index (B.M.I):

BMI = Weight (Kg) / Height (meter) ²

Waist Hip Ratio

IV. STUDY ON HEALTH STATUS

Data collection by questionnaire method:

Health status of aged tribal people will be evaluated by questionnaire method based on the information about symptoms of the ailments, if any and duration of ailments and other related information including hygiene practices.

Measurement of Blood pressure (mm Hg): The systolic and diastolic blood pressure will be measured by auscultatory method with the help of a sphygmomanometer and a stethoscope. The measurement will be taken in sitting posture after a rest of 20 minutes. The arm will be placed on a support in that the elbow will be in the plane of the heart.

Biochemical analysis:

Biochemical parameters like haemoglobin level, blood glucose and serum level of protein of the participants will be determined as per standard method (WHO).

V. STUDY ON DIETARY PRACTICE

Assessment of Dietary intake:

Dietary intake assessment is an important part of nutrient assessment. It is an aid in the interpretation of anthropometric findings **(Bisai and Bose, 2008). Twenty four hour recall method** will be used to get the data regarding the daily food consumption pattern of the respondents.

Data Analysis: After completion of the survey data will be analyse using SPSS software.

7. Significance / Importance: -

- The socio-economic and nutritional status of the tribal aged people of bankura district can be explored in public.
- The government will be able to take up various projects to prevent socio-economic and nutritional deficiencies.

8. Expected Outcomes: -

The database of socio demographic profile and nutritional status of the aged tribal people of Bankura district will provide an overall picture of this community. The database may be a helpful guideline for further scope of social and health related improvement of this particular community by the government and nongovernment organizations.

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